



**SNOHOMISH
HEALTH
DISTRICT**

DENTAL RESOURCES

425.339-5219

Available to Snohomish County Residents

Updated quarterly and available online at
www.snohd.org/comhealth/dental.oral.html

Community Health Division
3020 Rucker Avenue, Suite 2C
Everett, WA 98201

Location and Phone	Ages	Emergency treatment	Sliding Scale	Coupons	Comments
ABCD/No Cavity Club Of Snohomish County Snohomish Health District 425.339.5219: Option #1 (NCC-for ages 6-18) Option #6 (ABCD-If you have any child in your family age 5 or under.)	Children (0-18)	No	No	Yes	Children with medical coupons only. Assistance in contacting local dentists for dental care.
Community Health Center (Colby Dental) 2722 Colby Ave., #318 Everett, WA 98201 425.258.1892	Children (0-18) & Pregnant women	Adults & Children	Yes	Yes	Children and pregnant women are a priority. Adult dental emergency care on a walk-in space available basis. 7:30-11 a.m. only. Monday- Friday. Bilingual available.
Community Health Center (Lynnwood Dental) 4111 194th St. SW Lynnwood, WA 98036 425.741.1134	Children (0-18) & Pregnant women	Adults & Children	Yes	Yes	Children and pregnant women are a priority. Adult dental emergency care on a walk-in space available basis. 7:30-11 a.m. only. Monday- Friday. Bilingual available.
Hospital Emergency Rooms	All	Yes	Yes	Yes	For a dental emergency or dental pain with facial swelling and/or fever, you may obtain relief of these symptoms by going to a hospital emergency room.
Tulalip Tribes IHS Dental Clinic 7520 Totem Beach Rd. Marysville, WA 98271 360.651.4530	All	Yes - walk-in 8 a.m.	No	Yes	Serves <u>Indian heritage only</u> . Enrolled in federally recognized tribe. Insurance accepted. Snohomish County residents only.
Washington State Dental Association Outreach Program 425.513.1900 or 1.800.422.2024 (1.800.678.5708 Easter Seal Society)	65 or older	No	No	No	Senior assistance and information program will screen and refer clients age 65 and older who have no insurance, and gross income under \$22,150 for one person, \$29,850 for two persons. (People under age 65 with disabilities may call the Easter Seal Society.)
Shoreline Community College 206.546.4711	Age 4 and older	No	Reduced fee (No sliding scale)	Yes	Routine exams, cleanings, x-rays, fluoride treatment, sealants and limited fillings for adults and teens. Appointments available 8 a.m. - 3 p.m. October - end of May. There is a two-week wait.
Lake Washington Technical College 11605 132nd Ave. Kirkland, WA 98034 425.739.8130	All ages	For current patients only. Some new patient emergencies if able. Call ahead. No walk ins.	Reduced fee (No sliding scale)	yes	Open all year (when school is in season). Full service dental clinic. Very limited 3 rd molar extractions. Molar root canal treatment available on a case by case basis. Exam, cleaning required prior to treatment.

(OVER)

Dental Quality Assurance Commission 360.236.4860 - or - Snohomish County Dental Society 425.355.0519

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University of Washington New patients: 206.616.6996 Oral Surgery: 206.543.5860 Pedodontics: 206.543.3525	All	Call the day before - temporary care only 206.543.5850	No (\$125.00 fee for intake of new patients who do not have insurance or coupons.)	Yes	Full services. Acceptance fluctuates, as students are available. Call Oral Surgery directly for information. They accept Medicaid coupons and can give more information about procedures. Probable 1-3 month wait.
Children's Hospital & Medical Center 4800 Sandpoint Way Seattle, WA 98105 206.987.2243	Children (0-17) (who are medically complex.)	Yes - call ahead (No walk-ins)	No	Yes	Provides dental care for children who are medically complex. Treatment available for healthy children, under age four, requiring general anesthetic.
Harborview Hospital 325 9th Ave. Seattle, WA 98104 206.731.3189	Age 13 and older	Call first (No walk-ins)	Sliding scale for oral surgery only.	Yes	Full service dental clinic. Call ahead for more information.
45th Street Clinic 1629 N. 45th St. Seattle, WA 98103 206.633.3350 ext. 3021	Children (age 1-18) for dental care. No new adults for routine care.	Call first. (Care limited to cancellations in schedule.) ER care for all ages. No walk-ins.	Yes - please bring income info. to appointment.	Yes	Full service dental clinic for regular patients. ER services limited to one treatment only. No crowns or root canals.
Indian Health Board 611 12th Ave. S Seattle, WA 98114 206.324.9360, Ext. 2301	Age 18 and under, all nationalities	Call ahead	Yes	Yes	Probably two month wait. Full service dental clinic. No orthodontics.
Westwood Crossing Apartments Marysville Mobile Dental Van 425.290.8499 (ext. 134) (Ask for Jenisa)	Adults	Will accommodate as able.	\$5 Co-pay requested	No	Times and days vary at this location. (Please call ahead.)
Sea Mar - Marysville Clinic 9710 State Ave., Marysville 360.653.1742, ext. 201	All - Limited adult appointments available for general care. Please call ahead.	Will accept occasionally, as able. Walk in 7:45; or call ahead for 12:30 walk in.	Yes / bring proof of income	Yes	General practice only, which serves adults and children, migrant farm workers and the homeless. No dentures or molar-root canals.
Sea Mar - Mt. Vernon Clinic 1400 N. Laventure Rd. Mt. Vernon, WA 360.428.4075	All	Will accept occasionally as able.	Yes / bring proof of income	Yes	General practice only, which serves adults and children, migrant farm workers and the homeless.
Sea Mar - Skagit Valley Clinic 119 E. Fairhaven, Burlington, WA 98233 360.755.9151	All	Will accept occasionally as able	Yes / bring proof of income	Yes	General practice only, which serves adults and children, migrant farm workers and the homeless. No dentures.

PUBLIC HEALTH
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HEALTHIER COMMUNITY

Tooth Tips for New Moms & Moms-to-be

1. Take Care of Yourself

When expecting a child, visit the dentist around the time of your first prenatal visit. Without knowing it, moms pass on the cavity causing bacteria to their children. Studies have proven that reducing the cavity causing bacteria in mom's mouth can significantly reduce the chances of baby's teeth getting cavities. Help your baby by having your own regular cleanings, getting fillings or other needed treatment.

2. Keep Baby's Mouth Clean

Start before your child even has teeth by wiping your baby's gums with a warm washcloth to help baby to get used to having their mouth cleaned. Lie baby in your lap or on the couch to help you see the teeth better. Once the first tooth comes in you can use a soft toothbrush to remove the plaque and bacteria. Use only a tiny pea sized drop of toothpaste and be sure to get all sides of the teeth. By brushing their teeth this way you not only keep the teeth clean but also get them used to someone looking in their mouths while in a reclined position. Children do not develop the motor skills for adequate brushing on their own until they are about 6 or 7 years old. Until then you will need to do it for them.

3. Take Baby to the Dentist

Most dental offices, including Community Health Center, welcome you and your baby when the first tooth comes in. This is usually around age 6-12 months. It's a great time to introduce them to routine check ups and the sights and sounds of a dental office.

4. Help Prevent Early Childhood Caries

Early Childhood Caries or Baby Bottle Tooth Decay is caused by frequent exposure of the teeth to sugar and the bacteria *Streptococcus mutans*. These cavity causing sugars can come from milk, soda, juice, formula and even breast milk. Teeth are at risk when baby is allowed to feed continuously from the bottle or breast throughout the day, night or naptime. Try to wean baby off the bottle by age one and encourage them to drink water from a cup.

5. Help Prevent Injury to Baby Teeth

Children can easily fall while standing in a shopping cart so have them stay seated while shopping. Keep baby in a car seat while riding in the car. Walkers are notorious for causing broken teeth and injuries to baby's head and neck. Be aware that when baby starts walking, their head is at the same height as coffee tables, chairs and other low furniture.


6. Encourage Your Child to not be afraid of visits to the dentist

Tell them they will not be hurt. Never tell a child you will take them to the dentist if they are bad. It may be perceived as a punishment and they will learn to fear it. Instead, talk to them about positive experiences. Tell them they will see and do new exciting things. Help make it a fun experience. Discourage siblings or friends from telling "scary stories" about their own dental experiences.

7. Take Care of Baby Teeth

Although baby teeth do eventually fall out, they are still very important. They are essential for 1. Nutrition- children who have painful teeth may not want to eat, 2. Speech- missing teeth may slow or alter their language development, 3. Permanent teeth- baby teeth hold the place of adult teeth. If molars are missing early on, the adult teeth may end up coming in crooked or in the wrong place, 4. Social interaction- children need self-confidence to be able to interact in a healthy way with others. Often when they are experiencing pain or have discolored or broken teeth due to cavities, other children may treat them differently, which may result in less social behavior.

Age Appropriate Dental Care

Age	Home Care	In the Dental Office
Birth to first tooth (age 8-12 months)	<ul style="list-style-type: none"> Wipe baby's gums and teeth after meals with wet towel, to get them accustomed to having their mouth cleaned. If giving a bottle at night, use only water. If breast-feeding throughout the night wipe baby's teeth immediately after feeding. 	
1 year	<ul style="list-style-type: none"> Schedule their first dental visit 	<ul style="list-style-type: none"> ✓ Introduction to a lifetime of positive dental visits
1 – 6 years	<ul style="list-style-type: none"> Help your child brush twice daily Schedule visits to dentist every 6 months Use a fluoride toothpaste at home Eliminate frequent snacking Nutritious meals with fruits and vegetables Limit sports drinks or sodas with sugar 	<ul style="list-style-type: none"> ✓ Check-ups with cleaning and fluoride ✓ Treatment as needed
6 years	<ul style="list-style-type: none"> Child can now begin brushing on their own twice daily Schedule dental visits every 6 months Use a fluoride toothpaste Eliminate frequent snacking Nutritious meals with fruits and vegetables Limit sports drinks or sodas with sugar 	<ul style="list-style-type: none"> ✓ Sealants on adult first molars ✓ Check-ups with cleaning and fluoride ✓ Floss introduced to child
11 – 13 years	<ul style="list-style-type: none"> Brush and floss twice daily Schedule dental visits every 6 months Use a fluoride toothpaste Eliminate frequent snacking Nutritious meals with fruits and vegetables Limit sports drinks or sodas with sugar 	<ul style="list-style-type: none"> ✓ Sealants on adult second molars ✓ Check-ups with cleaning and fluoride
1 – 18 years	<ul style="list-style-type: none"> Schedule dental visits every 6 months Brush and floss twice daily Use a fluoride toothpaste Eliminate frequent snacking Nutritious meals with fruits and vegetables Limit sports drinks or sodas with sugar 	<ul style="list-style-type: none"> ✓ Check-ups with cleaning and fluoride